**SRFFIT004B exam preparation – Fitness Focus section**

**DEVELOP BASIC FITNESS PROGRAMS**

**1 Gather pre–programming information, including a client’s current fitness level**

1. Identify a client's fitness level from their fitness screening and appraisal
2. Identify a range of exercises to target specific fitness components
3. Identify factors that will effect a client's ability to perform in an exercise ***program***
4. Consider medical or injury problems stated by the ***client*** during the appraisal, exercise screening, and recommendations from a ***medical practitioner*** or ***allied health professional*** when a ***program*** is developed for a ***client***
5. Consider the client's ***fitness level*** in a range of areas when developing a ***client*** exercise profile
6. Design a ***program*** that would create a balanced fitness profile, or meets   
   the specific ***client*** needs

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| Previous exam |
| Notes (A. how did we achieve this element? B. key words and brief summary – refer to the range statements) |

**2 Develop a basic exercise plan of general activities suited to client’s needs, lifestyle and exercise preferences**

* 1. Plan a general activity ***program*** for a ***client*** to maximise the positive aspects of their environment and personal attributes for long term adherence to a ***program***
  2. Incorporate motivation techniques to maximise exercise ***program*** adherence
  3. Develop a general activities plan
  4. Record recommendations to the ***client*** in terms of safety and adherence
  5. Gain the client's agreement to the exercise plan

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| Previous exam |
| Notes (A. how did we achieve this element? B. key words and brief summary – refer to the range statements) |

**3 Develop a fitness program for clients**

* + 1. Utilise ***principles of exercise program design*** to develop fitness programs for clients given all relevant information regarding the ***client***
    2. Outline the relative contribution to aerobic and anaerobic fitness of a variety of activities relevant to the ***client***
    3. Apply programming guidelines to developing aerobic, strength, endurance and stretching programs relevant to client's goals and fitness and, the relative benefits desired from the ***program***
    4. Develop appropriate aerobic fitness, strength, endurance, and stretching programs for clients

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| Previous exam |
| Notes (A. how did we achieve this element? B. key words and brief summary – refer to the range statements) |

**4 Give clear and effective instruction ensuring effective services provision and vocal effectiveness**

* + - 1. Demonstrate an effective instructional model
      2. Instruct a set of exercises so that they can be accurately copied
      3. Use an appropriate ***client*** interaction skills and techniques to show a caring attitude
      4. Self–evaluate aspects of one's performance as an instructor
  1. Demonstrate strategies for voice projection and communication that prevent vocal damage in the gymnasium, aqua and/or exercise to music situation

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| Previous exam |
| Notes (A. how did we achieve this element? B. key words and brief summary – refer to the range statements) |

**5 Supervise fitness activities in a manner that makes the client feel at ease, safe and motivated**

* + - * 1. Provide effective and efficient instructor supervision
        2. Apply gymnasium rules and etiquette
        3. Deal with appropriately, negative attitudes and personal difficulties that clients might experience in a fitness activities situation
        4. Use appropriate behaviour and strategies to assist clients in a variety of situations where clients might feel embarrassed, competitive or aggressive
        5. Utilise appropriate behaviour and strategies to ensure easy and effective fitness activities
        6. Time management strategies are displayed during fitness activities and ***program instruction***

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| Previous exam |
| Notes (A. how did we achieve this element? B. key words and brief summary – refer to the range statements) |

**6 Review and adapt a client’s exercise program in accordance with their progress**

Evaluate parameters of the ***fitness level*** being developed in the ***program***

Obtain feedback from ***clients*** on their own personal progress and their degree of satisfaction with service provision at the centre

Undertake relevant ***fitness appraisals*** to monitor a client's fitness development

Record the clients amended/adapted exercise program on to a ***program*** card

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| Previous exam |
| Notes (A. how did we achieve this element? B. key words and brief summary – refer to the range statements) |

**7 Display an appropriate instructional style**

Demonstrate the personal qualities of an effective instructor, using styles and behaviours that encourage clients and recognise behaviours that intimidate clients

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| Previous exam |
| Notes (A. how did we achieve this element? B. key words and brief summary – refer to the range statements) |

**RANGE STATEMENT** **CATEGORIES**

**Allied health professionals**

Physiotherapists, Chiropractors, Exercise Physiologist, Occupational Therapists, Osteopaths, Massage Therapists, Sports Physicians, Medical Practitioners, Podiatrists, Dietitians

**Client**

* experienced or inexperienced
* various ages
* screened
* active or inactive

**Client goals**

the instructor considers the following client aims when providing exercise advice

* current activity status, preferences, health details, fitness results

**Fitness appraisals**

* basic sub maximal appraisals of fitness capacity, which may include parameters such as
  + cardiovascular response
  + heart rate, such as tri–level aerobic response
  + blood pressure
  + range of movement
  + strength
* anthropometric, such as, girth measurements, skin folds

**Fitness level**

* physical fitness
* motivation